

# DIABETES In Virginia

## DIABETES

631,194 Virginians have diabetes

631,194



That's about 1 out of every 11 people

1 out of 4 do not know they have diabetes



## PREDIABETES

2.1  
MILLION



2.1 million  
Virginian adults  
have  
prediabetes\*



9 out of 10 do not know they have prediabetes



Without weight loss  
and moderate  
physical activity

15-30% of people  
with prediabetes  
will develop type 2  
diabetes within 5  
years



## COST

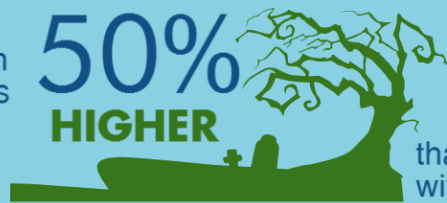


\$245  
BILLION

Total US medical  
costs and lost  
work and wages  
for people with  
diagnosed  
diabetes

Risk of  
death for  
adults with  
diabetes is

50%  
HIGHER



than for adults  
without diabetes

Medical costs for  
people with  
diabetes are  
twice as high

\$\$



as for people  
without diabetes

\$



BLINDNESS



KIDNEY  
FAILURE



HEART  
DISEASE



STROKE



LOSS OF  
TOES,  
FEET, OR  
LEGS

## TYPES OF DIABETES

### TYPE 1

Body does not make  
enough insulin



Can develop at  
any age  
No known way to  
prevent it

More than 18,000  
youth diagnosed  
each year in 2008  
and 2009 in the US



In adults, type 1  
diabetes accounts for

5%

of all diagnosed  
cases of diabetes

### TYPE 2

Body cannot use  
insulin properly



Can develop at  
any age  
Most cases can  
be prevented



Currently, at least 1 out of  
3 people will develop the  
disease in their lifetime



More than 5,000 youth  
diagnosed  
each year in 2008 and  
2009 in the US

## RISK FACTORS FOR TYPE 2 DIABETES:

Over  
50,000

adults were  
diagnosed in 2010  
in Virginia



Being  
overweight



Family  
History



Having Diabetes  
While Pregnant  
(Gestational Diabetes)

Take the  
diabetes  
risk test!



[cdc.gov/diabetes](http://cdc.gov/diabetes)

## WHAT CAN YOU DO?

You can **prevent or delay** type 2 diabetes



Lose  
weight



Eat  
Healthy



Be  
more  
active

You can **manage** diabetes



work with a  
Health  
Professional



Eat  
Healthy



Stay  
Active

Learn more at [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)

Learn more at [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep)

or speak to a health professional!

## REFERENCES

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Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System: 2009-2010. Computed by CDC's Division of Diabetes Translation. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

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